BTEC Assignment Brief

Qualification	BTEC International Level 3 Foundation Diploma in Esports BTEC International Level 3 Diploma in Esports BTEC International Level 3 Extended Diploma in Esports
Unit number and title	**16**: Psychology for Esports Performance
Learning aim(s)	**A** Explore the effect of personality and motivation on esports performance **B** Explore the relationship between stress, anxiety, arousal, team dynamics and esports performance **C** Plan a psychological skills programme to enhance esports performance
Assignment title	Games of the Mind
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been invited to speak at an international conference called 'Games of the Mind' which aims to explore the area of psychology in esports and raise awareness of how psychology can enhance esports performance for players and teams. At the conference, you will present your research into the psychological factors that affect esports performance and refer to a specific case study that you have been involved with.

Task 1	The first part of your presentation should be called 'Character and Drive'. You should evaluate, by considering the relevance and significance of, two theories of personality and two theories of motivation and link these to esports performance. The conference organisers are particularly interested in the following personality theories, but would like to hear about other theories too: • trait theory • situational approach • interactional approach • psychodynamic theory • Marten's Schematic View They are also interested in the following motivational theories, but again are interested to hear about others: • Maslow's Hierarchy of Needs • McGregor's Theory X • Herzberg's Two-factor theory In addition to evaluating your chosen theories and how they could relate to esports performance, you should also analyse different types of personality and motivation and how this can affect esports performance in both a positive and negative way. You should finish the first part of your presentation by justifying the ways that you can develop a highly motivational and productive esports environment.
Checklist of	• 'Character and Drive' presentation in an appropriate format e.g.

evidence required	written document, filmed presentation
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
16/A.D1	Evaluate the effects of personality and motivation on esports performance, justifying ways to develop a motivational esports environment.
16/A.M1	Analyse the effects of personality and motivation on esports performance.
16/A.P1	Explain personality and how it affects esports performance.
16/A.P2	Explain motivation and how it affects esports performance.
Task 2	The next part of your presentation should be called 'Storming and Performing' and should evaluate the types, causes and symptoms of stress, anxiety and arousal and how these emotions can impact on both individual and team performance. You should also consider the significance and relevence at least three theories of arousal such as: • drive theory • inverted U hypothesis • catastrophe theory • reversal theory You should also evaluate at least four factors that influence team dynamics and performance in esports and provide examples to support your points. Your examples could be drawn from your own experience and/or from the world of professional esports and highlight both positive or negative effects.
Checklist of evidence required	• 'Storming and Performing' presentation
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
16/A.D2	Evaluate the impact that stress, anxiety, arousal and team dynamics have on individual performers and esports teams.
16/B.M2	Analyse how stress, anxiety and theories of arousal affect esports performance.
16/B.M3	Analyse factors that influence team dynamics and performance in team esports.
16/B.P3	Explain stress and anxiety, their causes, symptoms and effect(s) on esports performance.
16/B.P4	Explain theories of arousal and their effect(s) on esports performance.
16/B.P5	Explain factors that influence team dynamics.
Task 3	The last part of your presentation should discuss a case study that you have undertaken on an actual esports player, which could be yourself or a peer. To do this, you should conduct a psychological skills assessment on your chosen player that will allow you to understand which areas of esports psychology they need to improve e.g. motivation, arousal control, imagery, confidence etc. Once you have identified their areas for improvement, you should then prepare and deliver a psychological skills programme over several weeks for your chosen player which addresses their needs and delivers positive interventions to help them in training, pre-competition, during-competition and post-competition. Areas to include in the programme might include: • realistic suggestions to enhance performance ● planning for developing performances

	● skills and interventions such as: ○ motivation ○ goal setting ○ mind to muscle relaxation ○ breathing control ○ controlling emotions ○ confidence building ● required resources In the final part of your presentation, you should assess the relevance and significance of your psychological skills programme. You should justify the design of the psychological skills programme and make suggestions as to how it could be improved.
Checklist of evidence required	● Presentation relating to individual psychological skills programme

Criteria covered by this task:	
Unit/ Criteria reference	To achieve the criteria you must show that you are able to:
16/C.D3	Justify the design of the psychological skills programme for a selected esports player, making suggestions for improvement.
16/C.M4	Assess the design of the psychological skills programme and deliver an intervention for a selected esports player.
16/C.P6	Plan a psychological skills programme to enhance performance for a selected esports player.
Sources of information to support you with this Assignment	**Books** Burton D and Raedeke T D – Sport Psychology for Coaches (Human Kinetics, 2008) ISBN 9780736039864 Cox R – Sport Psychology: Concepts and Applications 6th Edition (McGraw-Hill, 2007) ISBN 9780071106429 Weinberg R S and Gould D – Foundations of Sport and Exercise Psychology 4th Edition (Human Kinetics, 2007) ISBN 9780736064675 **Journals** Applied Sport Psychology International Journal of Sports Science and Coaching Journal of Applied Sport Psychology **Websites** BBC Sport www.bbc.co.uk/sport British Association of Sport and Exercise Sciences - www.bases.org.uk Istadia - www.istadia.com Mind Tools - www.mindtools.com

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